



Baked Maryland Lump Crab Cakes

READY IN



40 min.

SERVINGS



12

CALORIES



90 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon pepper black
- ☐ 0.3 cup bread crumbs
- ☐ 2 tablespoons butter melted
- ☐ 1 teaspoon parsley dried
- ☐ 0.8 cup cholesterol-free egg product
- ☐ 1 pound lump crab meat
- ☐ 1 tablespoon mayonnaise
- ☐ 1 teaspoon ground mustard

- ☐ 2 teaspoons seafood seasoning such as old
- ☐ 1 teaspoon worcestershire sauce

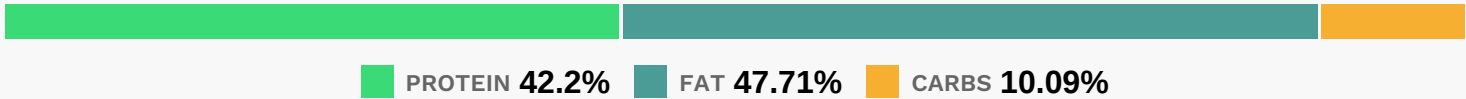
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a baking sheet.
- ☐ Combine bread crumbs, baking powder, parsley, mustard powder, pepper, and seafood seasoning; set aside. Stir together mayonnaise, butter, Worcestershire, and egg product until smooth. Fold in crab meat, then fold in bread crumb mixture until well blended.
- ☐ Shape mixture into 12 crab cakes, about 3/4 inch thick, and place onto prepared baking sheet.
- ☐ Bake in preheated oven for 15 minutes, then turn the crab cakes over, and bake an additional 10 to 15 minutes, until nicely browned.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:8.6969564660736%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg

Nutrients (% of daily need)

Calories: 89.53kcal (4.48%), Fat: 4.64g (7.14%), Saturated Fat: 1.89g (11.79%), Carbohydrates: 2.21g (0.74%), Net Carbohydrates: 2.04g (0.74%), Sugar: 0.28g (0.31%), Cholesterol: 77.88mg (25.96%), Sodium: 418.44mg (18.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.24g (18.48%), Vitamin B12: 3.55µg (59.17%), Selenium: 19.41µg (27.74%), Copper: 0.37mg (18.53%), Zinc: 2.5mg (16.69%), Phosphorus: 126.99mg (12.7%), Folate: 27.09µg (6.77%), Vitamin B2: 0.1mg (5.75%), Magnesium: 22.96mg (5.74%), Calcium: 54.74mg (5.47%), Vitamin K: 5.11µg (4.86%), Vitamin B6: 0.09mg (4.53%), Iron: 0.8mg (4.45%), Vitamin B5: 0.38mg (3.84%), Manganese: 0.07mg (3.43%), Vitamin C: 2.77mg (3.36%), Vitamin A: 159.65IU (3.19%), Potassium: 111.35mg (3.18%), Vitamin B1: 0.05mg (3.13%),

Vitamin B3: 0.6mg (3%), Vitamin D: 0.31µg (2.04%), Vitamin E: 0.27mg (1.79%)